

You are not alone.

Support and resources are available.

Thousands of people in Alaska provide care for chronically ill, elderly, and disabled family members. There are services and help for people with Alzheimer's disease and family caregivers.

November is National Family Caregivers Month and National Alzheimer's Awareness Month.

For more information:

- Alzheimer's Resource of Alaska (800) 478-1080
- The Aging & Disability Resource Center (877) 625-2372

This message brought to you by:

The Alaska Commission on Aging
www.alaskaaging.org

and

The TRUST

The Alaska Mental Health
Trust Authority

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Gene & Kathy showing support for their mother, Rose Bates.
Photo courtesy of Alzheimer's Resource of Alaska.